

Rituals and Preparation: Body, Mind, and Spirit

Preparing for an **entheogenic experience**—especially one undertaken with **spiritual** intent—is as important as the experience itself. Proper **rituals and preparation** help align the **body, mind, and spirit**, creating a grounded and safe space for whatever arises.

Here's a breakdown of holistic preparation:

1. BODY – Purify the vessel

Your body is the **vessel/container** through which the entheogenic plant works. Supporting it helps reduce discomfort and enhances receptivity.

Dietary Preparation ("La Dieta"):

- Used especially in ayahuasca and other shamanic traditions.
- Eat **light, clean foods**: fruits, vegetables, whole grains.
- **Avoid**: Alcohol, Red meat, Dairy, Caffeine, Processed sugars, Spicy or heavy foods
- Some entheogens (like MAOIs in ayahuasca) require **strict food restrictions** for safety.

Fasting:

- Some traditions suggest fasting 4–12 hours before.
- Helps deepen the connection and reduce nausea.

Movement:

- Gentle practices like yoga, stretching, walking in nature prepare and ground the body.

2. MIND – Clear and align

A cluttered mind can create resistance. Mental clarity supports emotional processing and insight.

Set Your Intention:

- Ask: *Why am I doing this? What am I open to receiving or learning?*
- Write or speak your intention with sincerity.

Journal:

- Record your mental/emotional state leading up to the ceremony.
- Note fears, expectations, desires, past trauma, etc.

Reduce External Noise:

- Unplug from media, social media, and external drama for a day or two.
- Turn inward.

Mindfulness Practices:

- Meditation
- Breathwork
- Visualization

These help calm the nervous system and create inner spaciousness.

3. SPIRIT – Call in the sacred/divine/source

This is the soul-level alignment—inviting a sense of reverence, humility, and openness to the unknown.

Create a Sacred Space:

- Light candles, burn incense, or place meaningful objects (stones, photos, flowers) in your space. Make it your own.
- Build an **altar** if you like, with elements that reflect your intention.

Ritual Cleansing:

- Smudging with sage, palo santo, or cedar
- Salt baths or cold showers
- Sound clearing (e.g., singing bowls or chanting)

Offerings:

- Traditional in many indigenous practices.
- Can be symbolic: a prayer, a poem, a vow, a piece of nature.

Prayer or Invocation:

- Call in guidance from ancestors, spirit guides, nature, or the divine (in whatever form feels true to you).
- You might say: *“I open myself to healing and truth. May this journey be held in light and wisdom.”*

INTEGRATION BEGINS BEFORE THE JOURNEY

The energy and clarity you bring into the experience shape what you receive. Preparation isn’t just a checklist—it’s a **devotional practice** that honors the depth of the journey you're about to take.

Psilocybin mushrooms have been used for centuries for healing, vision, and insight. Preparing with care honors the depth of the journey and helps ensure a safe, meaningful experience.